

FOR IMMEDIATE RELEASE

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VIRGINIA DEPARTMENT OF HEALTH ISSUES FISH CONSUMPTION ADVISORIES FOR SIX WATER BODIES

(Richmond, Va.)—The Virginia Department of Health (VDH) has issued six new fish consumption advisories for water bodies in Virginia. The advisories follow test results conducted by the Virginia Department of Environmental Quality (DEQ) that indicate levels of mercury in certain fish exceed the amount considered safe by VDH for long term human consumption.

“Young children and developing fetuses are most vulnerable to the effects of mercury consumption,” explained State Health Commissioner Robert B. Stroube, M.D., M.P.H. “However, we encourage all people to follow these guidelines to avoid any adverse health consequences.”

The fish consumption advisories are as follows:

- **Lake Gordonsville, also known as Bowlers Mill Lake (entire lake) in Louisa County:** largemouth bass, eat no more than two meals per month;
- **Pamunkey River from Nelson Bridge Road (Rt. 615 Bridge) downstream to the confluence with Jacks Creek near Liberty Hall in Hanover and King William Counties:** blue catfish, eat no more than two meals per month;
- **Mattaponi River from the Rt. 628 Bridge near Gaging Station downstream to Melrose Landing at Rt. 602 along the border of King William and King and Queen Counties:** largemouth bass, eat no more than two meals per month;
- **Herring Creek from the Rt. 628 Bridge (Dorrell Road) to the confluence of Mattaponi River in King William County:** bluegill sunfish, eat no more than two meals per month and no more than one meal per month of yellow bullhead catfish;
- **Lake Trashmore (entire lake) in the City of Virginia Beach:** largemouth bass, eat no more than two meals per month;
- **Lake Whitehurst (entire lake) in the City of Norfolk:** Do not eat any carp from this lake.

Women who are pregnant or may become pregnant, nursing mothers and young children should not eat any fish from any of these waters.

“We encourage people to continue to fish and enjoy the water for recreation,” explained Director of the Division of Health Hazards Control Khizar Wasti, Ph.D. “By following the guidelines outlined in these advisories people can avoid the adverse effects of long term exposure to mercury in this form.”

The Virginia Department of Health issues fish consumption advisories based on the evaluation of fish tissue sample results provided by DEQ. For more information on current fish advisories in Virginia, log onto the Virginia Department of Health’s Web site on fishing advisories at www.vdh.virginia.gov/hhcontrol/fishing_advisories.htm.